

**PARENTING TODAY'S TEENS:**  
**A SURVEY AND REVIEW OF RESOURCES**

Our mission is to help the people of Canada  
maintain and improve their health.

*Health Canada*

Également offert en français sous le titre  
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# Introduction

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Parents and teens face tremendous pressures in today's world. Families are asking: how can we strengthen the parent-teen relationship? They turn to parent educators, other professionals and community organizations for support, but information on currently available programs and materials is often difficult to find. This document will help professionals who work with parents of teens to identify and locate resources specifically designed to help families at this stage of parenting. It will also assist parents themselves when they look for an appropriate parenting course or if they wish to organize one in their community.

## Differing dynamics

Parents who seek out extra support and resources when their children are teens could be divided into three groups, according to their needs:

- parents whose issues centre on the typical challenges of adolescence:
  - ◆ defining a new status in the family
  - ◆ peer group influences
  - ◆ dating, schoolwork
  - ◆ participating in chores at home
  - ◆ drug awareness
  - ◆ sexuality, etc.
- parents whose concerns include an added dimension because of some special situation:
  - ◆ newcomers from another culture
  - ◆ single parents
  - ◆ blended families
  - ◆ children with special needs, etc.
- parents who have acting-out teens:
  - ◆ in trouble with the law
  - ◆ serious problems with drugs or alcohol
  - ◆ runaways
  - ◆ gang members, etc.

### **A general and preventive focus**

This booklet will list programs aimed primarily at the first group of parents — programs whose focus is preventive and general in nature. Several good general parenting programs, which could be useful to these parents, do not appear in the list starting on page 13. The list includes only resources with a section particularly directed to parents of teens. In practice, many parents become proactive and start looking for help when their children are just 10 or 11 years old. They've heard about the challenges of raising teenagers and want to be prepared!

The principles on which these programs are based can usually be adapted to special situations. In this way, with slight modifications and the addition of more targeted material, they could also be used with parents in the second category mentioned on the previous page. Some organizations across the country have developed entire programs tailored specifically to the particular needs of certain groups; however, a listing of such programs is beyond the scope of this publication.

The third category of parents, those who are encountering serious difficulties, may have waited until their teens are in crisis before coming for help. General and preventive programs do not adequately respond to the very different nature of their needs. This publication does not address the intervention strategies that are required in these cases; however, some self-help resources are listed.

## Teens and Their Parents

*The world is passing through troublesome times. The young people of today think of nothing but themselves. They have no reverence for parents or old age. They are impatient of all restraint: they talk as if they alone know everything.*

Matthew Paris, 13th century

As Matthew Paris observed in the 13th century, most teens will challenge the authority structures in their immediate environment, especially parental authority. We can expect such behaviour since their primary developmental task is to become independent and to assume an adult role in society. For parents, the challenge becomes knowing how much or how little to let go as they guide their adolescent along that road.

### Finding a balance

The adolescent's progress toward autonomy is uneven; parents frequently complain that their teens act like responsible adults one day and two-year-olds in a tantrum the next. This unpredictability makes it hard for parents to set reasonable limits that also recognize the need for adolescents to spread their wings and fly on their own.

As a result, professionals often observe that many parents are either too lax or too rigid. On the one hand, there are those who provide too little structure. In these families, the parents' expectations are not clear and there are no consequences that allow teens to take responsibility for their own choices. On the other hand, some parents don't tolerate any challenge to their authority and refuse to let go of their parental control. Parents need to find another way, one that strikes a balance and provides opportunities for teens to learn the lessons of maturity within a safe framework.

### A scary environment

Risk taking is a normal part of learning to be independent, but in the process of developing their own wings, adolescents often take risks that frighten their parents. Although parents probably took a few risks themselves when they were younger, now the TV news paints a picture of a world that looks much scarier than the one they grew up in. They know their children may face situations that are potentially more dangerous, often with more serious long-term consequences, than they themselves had to handle. They read about the signs of teen distress — depression, eating disorders, violent behaviour, self-mutilation, drug and alcohol abuse — and feel the weight of responsibility for their children's health and safety.



Parents need to hear that, in fact, most teens are healthy, happy, living in nurturing environments and do not engage in excessive risk taking. They need reassurance that while their job of supporting and guiding a child through adolescence can be confusing and sometimes frightening, most teens cope admirably with the pressures of adolescence.

In order to cope with changing times, today's young people need to have confidence, flexibility and resiliency, all qualities that parents can help them develop. But how to go about it? One learns how to parent from how one was parented; however, the model provided a generation ago may not supply the framework and skills parents need now to help their teens survive and succeed. Parents are looking for new tools.

### **Parents under stress**

As they struggle to help their teens, parents are experiencing tremendous stress themselves. Many are doing the job without a partner. According to a recent survey in British Columbia, for instance, about 30% of teens have experienced the loss of the relationship between their biological parents through separation, divorce or death.<sup>1</sup>

Full-time employment leaves parents little time and energy to cope with challenging teen behaviour. Nearly three out of four women participate in the paid labour force by the time their children are teenagers.<sup>2</sup> The brief time that family members can spend together is reduced even more because most older teens who attend high school are also employed part time.<sup>3</sup>

Unemployment and economic insecurity also complicate family life. Many parents have trouble paying for the basic necessities of food and shelter. They feel pressure when they are asked to pay for the expensive clothing that advertisers promote heavily to teens who want to be part of a peer group. Beyond these immediate problems, parents worry about the future: how they will pay for their children's education and whether their children will get a job.

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In Canada, the national Kids Help Phone (1-800-668-6868) handles an average of 1400 calls every day, mostly from teens who feel the need to talk to someone about relationship problems, abusive behaviours, health issues or sexual problems. Suicidal calls account for about 4% of all calls.

< <http://kidshelp.sympatico.ca> >

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1. The McCreary Centre Society (1993). *Adolescent Health Survey: Province of British Columbia*, Burnaby, BC, p. 10.

2. Canadian Institute of Child Health (1994). *The Health of Canada's Children*, 2nd edition, Ottawa, p. 7.

3. The McCreary Centre Society, *op. cit.*, p. 11.



For newcomers to Canada, stress and parent-child conflict is increased by the parents' desire to pass traditional family and cultural values on to their children. Teens in immigrant families are caught between two worlds, and the tension between those worlds often causes a great deal of family discord. Teens and parents alike may have a false impression of growing up in Canada, based on what they see in magazines, TV and movies.

Some parents are living with acting-out or out-of-control teens. They may need information about the systems of justice, education, welfare and health. As they struggle with feelings of guilt, powerlessness and loss, they may require professional counselling to help them establish new boundaries within their families. In some communities, parents of acting-out teens can attend self-help or support groups.

### **What parents need**

To meet the challenges of adolescence with confidence, parents require clear information, practical strategies and support from those around them.

- **Information** – Parents need current information, presented in a clear and accessible format, about the normal developmental tasks of adolescence, along with facts concerning tobacco, drug and alcohol use; depression; suicide; sexuality; and other particular topics of concern. They also need to know where to find specialized services directed to their particular needs, or to those of their teens, and how to gain access to such services.
- **Strategies** – Parents need to learn strategies and techniques for handling common problems (schoolwork, household chores, peer relationships, family relationships). The types of skills that prove useful are effective communication, setting limits, defining responsibilities, enforcing consequences, negotiating, problem solving and managing anger.
- **Support** – To put the information and strategies they learn into practice, parents need support and encouragement. Their confidence may be shaken if their teen becomes argumentative and uncooperative; they may even feel embarrassed by their teen's rebellious behaviour. When parents feel inadequate, their authority is undermined and they are less effective. Parenting courses provide a support group. Even reading a good parenting book or watching a video can reduce feelings of isolation.

The programs and other resources found in the following sections all provide information that parents need, as well as opportunities to practise effective strategies. As for support, participants in parenting groups regularly report "It helped to hear that other families are dealing with the same issues. I don't feel so alone."



## Family Attachment and Strong Parent-Child Relationship: Key Indicators of Health for Teens

The following studies examining adolescent health determinants in Canada and other countries were summarized in a report entitled *Critical Issues in Health for Saskatchewan Youth 10-19 Years of Age, 1989-1994*.<sup>1</sup> (emphasis added)

- Resnick, M.D. et al. "Protecting Adolescents from Harm. Findings from the National Longitudinal Study on Adolescent Health." *JAMA* 1997; 278: 823-832. The purpose of the study was to identify risk and protective factors at the family, school and individual levels as they relate to four domains of adolescent health and morbidity: emotional health, violence, substance use, and sexuality. The main finding of the study was that **parent/family connectedness and perceived school connectedness were protective against every health risk behaviour except pregnancy.**
- King, Alan J.C. and Beverly Coles. *The Health of Canada's Youth: views and behaviours of 11-, 13- and 15-year-olds from 11 countries*. Minister of Supply and Services Canada, 1992. Canadian data were compared with data from an international study that looked at views and behaviours of 11-, 13- and 15-year-olds from 11 countries in 1989-90. The study found ample evidence that Canadian youth engaged in health-related behaviours that put them at risk. The most significant finding was that, compared with young people in European countries, young Canadians are experiencing more strain in their relationships with their parents and with each other. **Health-risk behaviours are linked with each other and also tied to self-esteem, adjustment to school and relationships with parents.**
- Schissel, Bernard. *The Roots of Disadvantage: The differential effects of poverty on rural and urban youth*. Centre for Rural Studies and Enrichment, St. Peter's College, Muenster, Sask., 1997; and Schissel, Bernard and Lauren Eisler. "Youth Poverty, Crime and Victimization: The Gestalt of Danger in the Lives of Marginalized Youth" for *Crime in Canadian Society*. R. Silverman, J. Teevan and V. Sacco (eds.). Toronto: Harcourt Brace (in submission). A 1996 Saskatchewan Youth Attitude Survey was administered to 2600 school-age youths in Saskatchewan and dealt with attitudes and behaviours toward issues of high-risk behaviour and well-being. The study found that **high-risk sexual activity among youth is negatively correlated with their attachments to family, school and friends.**

The National Crime Prevention Council mentions several protective factors that reduce the effects of risk and thus lower the chances that a youth will develop serious anti-social or other behaviour problems or that he or she will become a victim. Some examples of protective factors mentioned<sup>2</sup> are: possession of problem-solving, life and communications skills; sociability; resilient personality or temperament; a sense of belonging; secure attachments to positive parent(s) or family; positive relations with "prosocial" peers; access to other caring and supportive adults; appropriate discipline, limit setting and structure from parents; and opportunities to experience success and build self-esteem. Many of these protective factors are nurtured in the family, beginning in infancy. Parents play a key role in preparing their children for the challenges of adolescence.

1. Saskatchewan Institute on Prevention of Handicaps (1998). *Critical Issues in Health for Saskatchewan Youth 10-19 Years of Age, 1989-1994*. Saskatoon. pp. 5, 6.

2. National Crime Prevention Council (1997). *Preventing Crime by Investing in Families and Communities: Promoting Positive Outcomes in Youth Twelve to Eighteen Years Old*. Ottawa. p. 3.

# Finding and Choosing Resources for Parents of Teens

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## Surveys and interviews

The programs and resource materials listed in section IV are currently being used in Canada with parents of teens. They were identified with help from representatives of various national, regional and community organizations; federal, provincial and territorial departments of health; and authors, distribution houses and professionals with expertise in the area. Staff in family resource programs and family service agencies filled in surveys, and researchers interviewed many of the survey's respondents. These informants reported on programs that they used themselves or of which they were aware. They also recommended books and videos.

## Reproducible programs

The nature of the search process means that this review is not exhaustive. No doubt, some very good community programs were missed. Often, professionals working with parents in community-based organizations develop their own programs, combining several approaches to suit their clientele. They put their time and energy into helping parents directly; marketing their materials is low on their list of priorities. This means that outside their immediate area, their work goes unknown, and even if it were publicized, it is not available in a format that makes it easily reproducible elsewhere.

## U.S. origins

The majority of widely used programs in Canada originate in the United States, where there seems to be more interest in publishing and marketing parent education products. (This explains why most of the programs and videos are not offered in French.) The three programs most frequently mentioned by informants were all commercial programs from the United States: *Systematic Training for Effective Parenting of Teens (STEP/Teen)*, *Active Parenting of Teens* and *Developing Capable People*. This last program has been adapted to the Canadian context and funding is being sought for a French translation. Most U.S.-based programs have Canadian distributors and some have Canadian trainers. Several informants raised questions about this borrowing of U.S. materials without adaptation to the Canadian setting.



### **Different approaches suit different families**

Inclusion in this list does not imply an official stamp of approval. Neither the order of presentation nor the length of the entry is meant to suggest any ranking. While all of the materials were recommended by professionals in the field, they represent a range of philosophies and appeal to a variety of learning styles. Certain approaches will suit some families better than others. Parents need to choose what best suits their own situation.

### **Professionals also have preferences**

Parent educators and other professionals must also make choices based on their preferences. Some like to follow a very well-structured program with clear guidelines, while others prefer maximum flexibility and want to pull together parts from several programs into one course. Some are enthusiastic about video-based programs and some are not. Some prefer to keep on a theoretical level and move quickly through the material; others lean to in-depth discussions or experiential exercises. Some serve middle-class parents who can pay for classes and materials; others have clients from "at-risk" populations who cannot. No one program has the magic recipe that will work for all families and all professionals.

## Identifying the Gaps III

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At the same time as they were identifying resources for parents of teens, parent educators and informants from family resource programs and other family service agencies also pointed out the gaps they see in services to families that are undergoing the pressures of adolescence.

### **No national clearinghouse for parent support information**

Many organizations from different sectors share the goals of supporting parents and of promoting healthy child development and healthy families. Unfortunately, there is no national mechanism through which these many groups can share their resources and experience. The information in this publication attempts to fill a gap in the area of parent-teen relations. Some associations help their members network through newsletters and conferences at the local, provincial, territorial and federal levels. The Internet also holds promise of becoming a tool for pooling information.

Parent educators and others in the field of supporting parents would benefit from more publications, symposia, conferences and joint projects that link sectors to make the work of each more effective.

### **No widely available, commercially distributed programs developed in Canada**

The most widely used programs and videos for parents of teens in Canada have been developed commercially in the United States, although organizations based in Canada sometimes provide training. Only one of these programs has been adapted for the Canadian context.

There are no national publicly supported programs, similar to Ready or Not!, for parents of teens. Some informants commented that programs from the United States may not be a perfect fit for the Canadian experience. Francophone parents do not have access to these resources.

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#### **Can You Help?**

Do you know of any programs or resources for parents of teens that you would like to make better known? something geared to the special challenges encountered by a particular group? a program that has been especially successful for you?

Use the feedback form at the end of this booklet as a first step to sharing your information with others in the field.

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### **Lack of resources dealing with cross-cultural issues**

Parent educators in many regions of the country emphasized the need for materials geared to parents of teens who have the added challenge of cross-cultural issues. The study on which this publication is based did not systematically search out such programs; however, informants did mention two worth noting. Juggling Cultures is based in London, Ontario, and S.U.C.C.E.S.S. serves parents from the Chinese community in Vancouver. If you know of other similar programs, use the feedback form at the end of the booklet to share your information.

Juggling Cultures is a multimedia resource kit, developed by Wanda Sawicki for the London InterCommunity Health Centre in 1991. It addresses questions such as how culture and change affect youth, families and communities; how to facilitate cross-cultural communication; how to bridge cultures with understanding and empathy; and how to work with youth who feel "different" at a time in life when establishing a self-identity is most important. The resource kit contains three 15-minute videos and a resource manual which includes lesson plans and a video user's guide. For more information contact Kern Murch Productions, 322 Queens Avenue, Main Floor, London, ON N6B 1X4 or telephone (519) 673-3342.

The United Chinese Community Enrichment Services Society (S.U.C.C.E.S.S.) provides a continuum of classes, including school-based programs for parents of pre-teens and teens, a support group for parents of pre-teens and a Parents Together support group for parents of acting-out teens. It also offers workshops on topics such as the parent-teen relationship and has co-produced 30 episodes for television on child and teen development. S.U.C.C.E.S.S. is located at 87 East Pender Street, Vancouver, BC V6A 1S9, telephone (604) 687-6969.

### **Lack of resources to address the concerns of Aboriginal families**

Several informants particularly regretted the lack of programs for Aboriginal parents of teens who deal with issues of two cultures in their parenting. Some parent educators find the Parenting for Prevention videos useful with these parents since the animated characters avoid associations of socio-economic status and racial background.

### **Few programs for parents with low literacy skills**

Several informants felt that the more popular video-based programs for parents of teens did not suit parents with less formal education and fewer resources. Some have found creative solutions. The Cumberland County Family Support Centre in Amherst, Nova Scotia recently developed Hey! Who Is In Control?, an experiential low-literacy program to meet the needs of parents of teens who are involved in high-risk activity. Several other informants have customized programs to meet the needs of their clients, often drawing on existing resources such as the animated Parenting for Prevention videos which use humour to teach each separate skill.

### **Inadequate response to the needs of parents of acting-out teens**

Parents in crisis whose teens are involved with high-risk behaviour need a great deal of support, both from parents who have "been there" and from professional systems. Typical programs oriented to prevention are not suitable, and access to low-cost counselling is insufficient. The Association of Parent Support Groups in Ontario and B.C.'s Parents Together illustrate two models of parent self-help.

More information is needed on programs offered through family courts, correctional facilities, probation authorities, youth service agencies, police departments, rehabilitation facilities and other organizations. Research is required to determine which programs are effective in reducing negative effects of teen behaviour on all family members. Informants also mentioned the shortage of emergency housing for teens who need to be away from their family for a short time.

### **Limited theoretical basis**

Whereas most parenting programs are based on the teaching of communication skills, Tom Ranger and Heather Smith in the Sudbury area have designed a program which uses concepts that are the basis of most family counselling. Parenting: A Balancing Act looks at parenting through the lens of family systems theory, teaching parents to reflect on their family's structure, balance of power, roles of family members, etc. Program materials are not yet commercially available, but the program's originators have trained other professionals in the model.

### **Insufficient attention to preventive measures**

Several informants observed that preventive parenting courses had lost funding in recent years. The originators of innovative parenting courses also seem discouraged from seeking commercial distribution by the lack of funds. When money dries up, many social services must concentrate their efforts on families in urgent situations, even though most people prefer prevention over crisis management.

When parents of teens wait to seek help until their children exhibit challenging behaviours, they have missed the chance to build stronger parent-child relationships which might have prevented or reduced their problems. The earlier parents start using healthy, respectful communication and positive discipline, the more likely they and their children will be able to weather the storm of the adolescent years. The principles of providing nurture and structure are appropriate for parents of children of all ages, but parents need access to this learning before serious difficulties arise. Something as simple as publicizing information about the normal stages of pre-teen and teen development can help parents have more realistic expectations and set more appropriate rules.



The message must get out to parents that prevention starts early. Recent brain research links the experiences of infancy and childhood with later responses to stress. It suggests that a major effort should be made to support all parents of infants and young children, enabling them to provide the healthiest possible environment for their children. In this way, their children will have greater capacity as teens and adults to handle stress in healthy ways and to experience pleasure and joy.

### **Time pressures on parents**

Juggling personal needs, work responsibilities and family concerns does not leave parents of teens with much time or energy to seek help outside the family. Although ongoing support groups or eight-week parenting series may suit some parents, many prefer to gather information about parenting teens in smaller doses.

Since parents of teens generally do not read parenting magazines, which are aimed at parents of younger children, information must come to them where they live, work and relax. To promote tips and strategies for dealing with teens, interested professionals need to enlist the assistance of employers, private and public, large and small; work/family organizations; public health units; popular media that carry public service announcements; schools; stores and malls; doctors' offices and clinics; faith communities; family resource programs; organizations such as Scouts, Guides, Boys and Girls Clubs, Big Brothers and Sisters; and recreational facilities where both adults and teens gather.

### **Parents need affirmation**

Parents of teens are often isolated from one another and lack confidence in their ability to provide limits and structure to their not-yet-adult children. Many informants mentioned that, more than anything, parents need a pat on the back for doing a difficult job well. Most families come through the passage of adolescence successfully. This message must be communicated in order to counter the image in the popular media that teens are all turning to criminal and self-destructive behaviour and that their parents are powerless to stop them. Any projects designed to support parents of teens should include affirmation and encouragement for parents themselves.

# Programs and Resources for Parents of Teens **IV**

*Please note: The following lists are provided for information purposes only. Mention here does not imply either approval or recommendation of any program or other resource. Comments drawn from the interviews reflect the experience of the professionals who responded to the original survey.*

*Please contact the sources for more details before deciding on any training or purchase. All costs are subject to change.*

## **A. Parenting courses and programs**

### **Active Parenting of Teens**

**Language of availability** English and Spanish

**Origins** United States, developed by Michael H. Popkin 1990, revised 1997

**Contact information** Alan Reynar, Director  
Active Parenting Canada  
Box 68148 Crowfoot P. O.  
Calgary, AB T3G 3N8  
Tel: (403) 239-4470  
1-800-668-5131  
Fax: (403) 239-4622  
E-mail: [cservice@activeparenting.com](mailto:cservice@activeparenting.com)  
Website: [www.activeparenting.com](http://www.activeparenting.com)

#### **Program goals**

To help parents of teens understand developmental changes in teens; communicate effectively; build courage and self-esteem in their teens; address issues of drug and alcohol use, sexuality and violence; discipline while teaching responsibility; explore and encourage non-violent conflict resolution

#### **Target audience**

Parents of children in Grade 5 and older from a range of economic and educational backgrounds. The videos depict a good mixture of two-parent families and single-parent families, as well as a cross-section of the U.S. population: African-American, Asian, Caucasian and Hispanic families are represented.

## **Notes**

## Notes

### *Accompanying materials*

Promotional material, a leader's guide, two videos, a parent's guide, a completion certificate, an inspirational poem, a booklet entitled "Active Parenting Family Guide to Alcohol, Tobacco and Other Drugs"

### *Course duration*

Six two-hour sessions

### *Learning techniques*

A video-based interactive discussion program for groups of 10 to 20 parents, usually led by a trained facilitator

### *Training for group leader*

Not mandatory but is recommended. The leader's guide provides step-by-step instructions for using the videos and leading discussions. National trainers offer two-day leader training workshops in several communities, particularly in western Canada, at a cost of \$175.00 per participant. Participants in the training receive the leader's guide, a parent's guide and other materials. The videos must be purchased separately. Leaders can become certified by completing one series and sending in participants' and leader's evaluations.

### *Cost*

Complete program materials: \$495.00; additional leader's guides: \$34.95; additional parent's guides: \$18.95; overhead colour transparencies: \$59.95 per set

### *Evaluation of effectiveness*

Both participants and leaders evaluate the program at the completion of each series. The revised edition of the program incorporates their suggestions.

### *Additional notes*

The program is aimed at lower- and middle-income families. The presentation and language level of the parent's guide make it easy to use.

### *Comments from interviews*

Active Parenting of Teens appears to be well liked by our informants who mentioned it frequently during interviews and in the surveys returned from Family Service agencies. Many organizations also offer one or both of the other Active Parenting programs: Active Parenting Today (for elementary school-aged children) and 1-2-3-4 Parents! for parents of young children.

## Can We Talk?

**Language of availability** English

**Origins** Nova Scotia, developed by Ruthie Patriquin, Cumberland County Family Planning in 1993, revised in 1995

**Contact information** Cumberland County Family Planning  
P.O. Box 661, Amherst, NS B4H 4B8  
Tel: (902) 667-7500  
Fax: (902) 667-0585  
E-mail: famplan@auracom.com

**Program goals**

Deals with dating pressures with an emphasis on communication and postponing sexual involvement

**Target audience**

Aimed at parents, and teens between 12 and 14 years of age

**Accompanying materials**

The facilitator's binder gives step-by-step directions for each session. For each session, activity sheets, handouts and support materials are provided for the parents and the teens, as well as evaluation forms for the individual sessions and for the overall course. A reference section suggests appropriate videos and handouts.

**Course duration**

Topics for four sessions are provided

**Learning techniques**

Teens attend group sessions with parents

**Training for group leader**

No formal training provided

**Cost**

Facilitator binder: \$55

**Additional notes**

The program is easily adapted to address other topics such as drug abuse or dating violence.

**Comments from interviews**

This program is used with success in the Amherst and Truro areas in Nova Scotia.

## Notes

## Notes

### Common Sense Parenting

*Language of availability* English

*Origins* United States, developed by Boys Town, based on book by Ray Burke and Ron Herron, second edition published in 1996

*Contact information* Boys Town Press, 14100 Crawford Street  
Boys Town, Nebraska 68010  
Tel: (402) 498-1320  
1-800-282-6657  
Fax: (402) 498-1310  
Website: [www.ffbh.boystown.org](http://www.ffbh.boystown.org)

Canadian distributor: Insight Media  
Centre Ltd., 10501 - 125B Street  
Surrey, BC V3V 5A8  
Tel: (604) 581-2420  
Fax: (604) 581-2430  
E-mail: [insight@netcom.ca](mailto:insight@netcom.ca)

*Program goals*

Topics include setting clear expectations and consequences, using effective praise, helping children make decisions and solve problems, teaching social skills

*Target audience*

For parents of pre-teens and teens

*Accompanying materials*

Complete kit for trainers, including manual with class outlines, exercises, home assignments, role-play situations and evaluation forms; parent's manual; video with 85 vignettes, parent recruitment manual, parent skill cards and completion certificates.

*Common Sense Parenting* is available in book and audiotape formats. A self-instructional video kit (for release early in 1999) includes two videotapes with three hours of content showing an actual six-session class, a workbook, exercises and reminder skill card.

*Course duration*

Six sessions

*Learning techniques*

Video- and discussion-based course, supplemented by a parent's manual

**Training for group leader**  
Trainer's manual

**Cost**

Trainer's complete kit: \$400 from Canadian distributor; self-instructional video kit \$110

**Additional notes**

It was rated "outstanding" by the Parent Council and won the National Parenting Center's 1997 Seal of Approval.

**Notes**

## Notes

### Developing Capable People™

*Language of availability* English

*Origins* United States, developed by H. Stephen Glenn in 1988. In 1994, Chris B. Rush of Vernon, British Columbia substantially modified the parent's workbook and leader's guide to reflect the Canadian context; he made further revisions in 1997.

*Contact information* Chris Rush, Developing Capable People™ (Canada) Inc., Box 1510  
Vernon, BC V1T 8C2  
Tel: (250) 545-7443  
1-800-327-1090  
Fax: (250) 545-1270  
E-mail: [crush@dcworldwide.com](mailto:crush@dcworldwide.com)

#### *Program goals*

To help parents and other adults learn how to empower children and teens with Seven Life Principles: strong perceptions of personal capabilities; strong perceptions of personal significance; strong perceptions of personal power; self-discipline; communication; responsibility; values and principles

#### *Target audience*

Adults who raise, teach, or are in a position to influence the healthy development of children and teens. The program has been successfully adapted to participants from a wide variety of cultural and socio-economic backgrounds, in both rural and urban settings.

#### *Accompanying materials*

Nine 30-minute videos of talks given by H. Stephen Glenn; leader's guide; participant's workbook (required); *Raising Self-Reliant Children in a Self-Indulgent World* by H. Stephen Glenn and Jane Nelsen and *Positive Discipline* by Jane Nelsen (texts are optional for participants)

#### *Course duration*

Nine 2 1/2-hour sessions

#### *Learning techniques*

A video-based program, always facilitated by a certified leader



***Training for group leader***

Three-day training for leaders is mandatory and offered in all major cities of Canada; only certified program leaders may purchase materials

***Cost***

Training and materials: \$495 plus GST; additional parent's workbooks: \$25; *Raising Self-Reliant Children in a Self-Indulgent World*: \$16; *Positive Discipline*: \$16; Developing Capable People Program nine 30-minute course videos: \$199.95; Developing Capable People Program Video Series, four 60-minute videos: \$159.95

***Evaluation of effectiveness***

Parents provide informal evaluations after the series. A formal evaluation carried out in Calgary used pre- and post-tests which indicated that after the nine sessions, parents felt greatly empowered in dealing with their children and teens.

***Additional notes***

Developing Capable People has trained more than 1000 people to give the program in Canada, including more than 100 teachers, principals and parents in the Winnipeg School District.

**Notes**



**Notes**

**Hey! Who's In Control?**

*Language of availability* English

*Origins* Nova Scotia, developed by Nora Jessome from Department of Community Services, Truro and Carolyn d'Entremont from Cumberland County Family Support Centre, 1995

*Contact information* Cumberland County Family Support Centre, 12 La Planche Street  
P.O. Box 1149, Amherst, NS B4H 4L2  
Tel: (902) 667-7250  
Fax: (902) 667-0585  
E-mail: maggies@atcom.com

*Program goals*

Develops specific parenting skills in communication, problem solving, discipline and anger management; and provides a safe environment for parents to discover their own parenting strengths and set goals to develop their potential

*Target audience*

Parents of teens, in particular teens who may be involved in high-risk activities; designed to be sensitive to various literacy levels

*Accompanying materials*

The facilitator's manual includes sample feedback sheets, information on parent abuse and parent-teen relationships, supplemental material and a summary of resources for each session. Material is also borrowed from several other sources, including problem ownership from Baynard & Baynard, *How to Deal with Your Acting-Up Teenager*; problem ownership and roadblocks to communication from Thomas Gordon and excerpts from Barbara Coloroso's video, *Winning at Parenting*.

*Course duration*

11 sessions

***Learning techniques***

Parent education through group discussion and non-judgmental support. It is consistent with the "Nobody's Perfect" and the "Ready or Not!" programs in its approach to parenting skills and uses adult education principles to balance content and process.

***Training for group leader***

A facilitator's manual has some tips for facilitators; each session has lecturettes which provide a framework for discussing certain topics. The developers recommend facilitation training and co-facilitating.

***Cost***

Facilitator's manual: \$50

***Comments from interviews***

Program design allowed for serious problems to be discussed. Appropriate for participants with varying literacy skills.

**Notes**

## Notes

### How to Talk So Kids Will Listen

*Language of availability* English

*Origins* U.S., developed by Adele Faber and Elaine Mazlish, 1990

*Contact information* Educational Media  
Box 91504  
Georgetown, ON L7G 5M9  
1-800-565-8437

*Program goals*

Helping children deal with their feelings, engaging cooperation, finding alternatives to punishment, promoting autonomy, praising, encouraging children to be themselves

*Target audience*

Generally offered to parents of preschool and elementary school-aged children, it comes with a teen supplement to enable the facilitator to adapt each segment to the needs of parents of teens

*Accompanying materials*

Six videos illustrating different topics, parent workbooks, leader's guide

*Course duration*

Six sessions

*Learning techniques*

Videos followed by group discussions and structured exercises and role plays, with practice assignments between meetings

*Training for group leader*

The authors intend that the combination of videos with the leader's guide be so clear that an interested non-professional could lead the group.

*Cost*

\$399.99 for video package, including leader's guide and teen supplement

*Comments from interviews*

This course is widely offered in many community settings in Canada for parents of younger children. A parent educator in New Brunswick has adapted the program into French and is seeking a publisher.

## Nos adolescents... parlons-en!

**Language of availability** French

**Origins** Quebec, developed by Marthe Deschesnes, in conjunction with le Département de santé communautaire de l'Outaouais, 1991

**Contact information** Hélène Rollin  
 Agente de planification  
 Régie régionale de la santé et des services sociaux de l'Outaouais  
 Direction de santé publique  
 104, rue Lois, Hull QC J8Y 3R7  
 Tel: (819) 770-7747, ext. 7654  
 Fax: (819) 777-0271

### **Program goals**

To increase parenting skills in order to enhance parent-teen relationships through exploration of knowledge, behaviour and attitudes, and to prevent the abuse of alcohol and drugs

### **Target audience**

Part one is a program for parents of teens, part two is for teens regarding prevention of alcohol and drug abuse, and part three establishes a supportive environment for the parents and teens with teachers in the school community. This program was originally developed for use in a high school.

### **Accompanying materials**

70-page leader's guide, including 13 handouts and an extensive bibliography for parents and teens; a student's manual of activities geared to the prevention of alcohol and drug abuse

### **Course duration**

Eight 2 1/2-hour sessions

### **Learning techniques**

The section for parent groups encourages parents to share experiences and to offer each other support through discussion of the topics, role play, written exercises and practice at home.

### **Training for group leader**

Leader's guide includes objectives, timelines and tips on ways to stimulate discussion. This parent-centred program demands skills in facilitating, as opposed to directing, the parent group.

## Notes

**Notes**

**Cost**

Leader's guide: \$20; student manual: \$20 (teen drug abuse prevention)

**Evaluation of effectiveness**

The Département de santé communautaire de l'Outaouais conducted an evaluation in 1992 which indicated that parents acquired skills and confidence in dealing with their teens after participating in the program.

**Additional notes**

Though the program is not currently being offered in its original format, the leader's guide and other documents are still available.

## **Parent d'ado... une traversée**

**Language of availability** French

**Origins** Quebec, developed by Entraide-Parents, 1997

**Contact information** Entraide-Parents, 2995, Curé-Couture  
Quebec (Quebec), G1L 4P7  
Tel: (418) 626-0008  
Fax: (418) 626-8369

### **Program goals**

Support parents in providing structure for their teens through healthy communication and establishing rules for family life; encourage mutual support between parents of teens

### **Target audience**

Parents of children 12 to 18 years of age

### **Accompanying materials**

Leader's guide, available only with training

### **Course duration**

Nine three-hour sessions

### **Learning techniques**

Through presentations by leader, group discussions, role plays, breaking into smaller groups to exchange experiences and give support; groups of 16 to 20 participants

### **Training for group leader**

Four days, offered twice a year in Quebec City

### **Cost**

To be determined

### **Evaluation of effectiveness**

A similar program, developed earlier by the same organization for parents of younger children, was evaluated in 1995 by a research group from Laval University. Results showed that parents experienced less difficulty accomplishing their role as educators after completing the course and that they considered themselves more effective parents.

## **Notes**



## Notes

### *Additional notes*

The course for parents of teens grows out of one for parents of children aged 6 to 12, entitled "Vie de famille, de la discipline à l'amour". More than 150 people from various regions of Quebec, as well as from Manitoba, Ontario and New Brunswick, have been trained to give this program. Entraide-Parents tested and refined Parent d'ado... une traversée over several years before starting to train leaders in 1999.

## Parenting: A Balancing Act

*Language of availability* English

*Origins* Ontario, developed by Tom Ranger and Heather Smith, copyright 1996

*Contact information* P.A.B.A., 2797 Falconbridge Road  
Garson, ON P3L 1K4  
Tel/Fax: (705) 693-5454  
E-mail: tom@cyberbeach.net

### *Program goals*

To teach that parenting has four functions: access, guidance, control and nurturing; to support healthy family function through increasing skills; to help families organize their family structure; to encourage parents to support each other by creating a climate that is accessible, playful, learner-directed and non-judgmental

### *Target audience*

Parents in single-parent, blended or two-parent family structures; suitable for high-risk families

### *Accompanying materials*

*Parenting: A Balancing Act* parent manual; group leader's manual in progress

### *Course duration*

Six two-hour sessions

### *Learning techniques*

Popular/adult education methods; one half of each meeting is spent in small group discussion, with the parents of teens in one group and parents of younger children in another.

### *Training for group leader*

Tom Ranger and Heather Smith have trained other professionals in the Sudbury area.

### *Cost*

Parent's manual: \$15

### *Additional notes*

This parenting program, based on a family systems approach, looks at the family structure, roles of family members and the effects family members have on one another. Anger management and resolving conflicts are covered in the sessions, as well as the unique challenges of single-parent and blended family structures.

## Notes

## Notes

### Parenting for Prevention

**Language of availability** English

**Origins** United States, developed by the Johnson Institute, Minneapolis, in 1997

**Contact information** Kinetic (Video) Inc.  
511 Bloor Street West  
Toronto, ON M5S 1Y4  
Tel: (416) 538-6613  
1-800-263-6910  
Fax: (416) 538-9984

**Program goals**

To show parents how to take a positive approach to prevention by teaching their children life skills that will help them develop into mature, responsible, non-violent and drug-free adults. Topics include setting limits, enforcing consequences, communication, anger management, conflict resolution.

**Target audience**

Parents and other caregivers of school-aged children, 5 to 16, either in groups or as a self-help tool individually

**Accompanying materials**

Six-part humorous, animated video series and six summary booklets, six individual facilitator guides on diskette; supplemented by Johnson Institute book *Parenting for Prevention* by David Wilmes

**Course duration**

Program can be adjusted to the time parents have available.

**Learning techniques**

Each 15-minute video segment teaches one skill, which is summarized and reinforced in an accompanying booklet. Individual and group activities also promote learning and practice of the skills.

**Training for group leader**

No formal training is provided. Six facilitator guides are provided on diskette (MAC and WINDOWS versions) with instructions for facilitators, individual and group activities, reproducible information and exercise handouts.

**Cost**

Entire program: \$832; individual videos: \$209 each

***Additional notes***

Program materials can be used to supplement other parenting programs or by parents on their own.

***Comments from interviews***

Users like the program's flexibility, short videos and accompanying booklets. Using animated characters avoids some of the problems associated with identifiable ethnocultural, socio-economic and geographical backgrounds. Some facilitators in Aboriginal communities liked the program for this reason. Some informants have used the videos with the Ready or Not! program and have lent them one at a time to families during home visits.

**Notes**

**Notes**

**Parenting Pre-Teens and Teens**

**Language of availability** English

**Origins** Ontario, developed by Family Services of Peel, 1997

**Contact information** John MacMillan, Family Services of Peel, 151 City Centre Dr., Suite 501  
Peel, ON L5B 1M7  
Tel: (905) 270-6647  
Fax: (905) 270-2869

**Program goals**

To enhance parenting skills; deal with the key issues of parenting teens and pre-teens

**Target audience**

Parents of teens and pre-teens

**Accompanying materials**

Facilitator's manual

**Course duration**

Six sessions

**Learning techniques**

Through information, discussions, home exercises and action plans

**Training for group leader**

No formal training apart from facilitator's manual

**Cost**

Facilitator's manual: \$35 plus shipping and handling

**Comments from interviews**

The family service agency has met with success offering this course.

## **Programme d'animation de groupes de parents d'adolescents (PAGPA)**

**Language of availability** French

**Origins** Quebec, developed by Claire Martel, 1992, revised 1997

**Contact information** Maison de la famille la Parenthèse  
215, Notre-Dame  
Repentigny, Quebec J6A 2R4  
Tel: (450) 582-2677  
Fax: (450) 582-1168

### **Program goals**

Increase the skills of parents and improve parent-teen relationships on themes such as values, sexuality, drugs, communication, school and family

### **Target audience**

Parents of teens

### **Accompanying materials**

Leader's guide, including handouts and exercises

### **Course duration**

Eight three-hour sessions

### **Learning techniques**

Presentation on one theme a week followed by group discussion; an exercise to complete at home with the teen in order to put new ideas into practice

### **Training for group leader**

Claire Martel offers training to groups on request. The training lasts six days for those without experience in leading groups and four days for those with experience.

### **Cost**

To be determined

### **Additional notes**

This model has been used with success in a variety of community settings in different regions of Quebec. It was sponsored for several years by the Lions Clubs. The course has been modified recently to add the topic of suicide and to take account of feedback from participants and leaders.

## **Notes**

**Notes**

**Raising Children in Troubled Times**

**Language of availability** English and Spanish

**Origins** United States, 1992

**Contact information** Kinetic (Video) Inc.  
511 Bloor Street West  
Toronto, ON M5S 1Y4  
Tel: (416) 538-6613  
1-800-263-6910  
Fax: (416) 538-9984

**Program goals**

To provide skills to overcome the many obstacles to raising and supervising children. Topics covered by the program include sex, chores, arguing, parties and concerts, lying, peers, homework, temper tantrums, curfew, studying, fighting, school behaviour, drugs, bedtimes and togetherness.

**Target audience**

Parents, parent-teacher associations and school administrators of children between the ages of 5 and 18

**Accompanying materials**

Leader's guide; 15 half-hour videos, each depicting a situation. Following each of these vignettes, a panel composed of an expert and parents discusses ways to deal with the situation.

**Course duration**

Flexible

**Learning techniques**

Each video presents clear steps for positive discipline. The accompanying leader's guide suggests ideas for individual or group activities.

**Training for group leader**

The facilitator needs no professional background since an expert participates in the video panel discussions.

**Cost**

Leader's guide and videos: \$629



***Comments from interviews***

Seeing the panel of parents and expert solve the problems in the video vignettes may discourage group participants from finding their own solutions. In the end, this could diminish the parents' confidence in their own abilities. A skilled facilitator could give the group time for discussion and idea sharing *before* watching the panel discussion portion of each vignette.

**Notes**



## Notes

### **Systematic Training for Effective Parenting of Teens: STEP/Teen**

**Language of availability** English

**Origins** United States. The original STEP program was developed in 1976 by Don Dinkmeyer, Sr. and Gary D. McKay, based on the Adlerian tradition and the work of Rudolf Dreikurs. They developed STEP/Teen materials in 1991, which were revised in 1997.

**Contact information** Available from a number of distributors, including:  
Kinetic (Video) Inc.  
511 Bloor Street West  
Toronto ON M5S 1Y4  
Tel: (416) 538-6613  
1-800-263-6910  
Fax: (416) 538-9984

#### **Program goals**

To help parents understand a practical theory of human behaviour that can be applied to parent-teen relationships; improve communication and conflict resolution skills; use natural and logical consequences; conduct family meetings; become aware of how parents can improve relationships with teens by building their own self-esteem, developing the courage to be imperfect, and being responsible for their own actions

#### **Target audience**

The program is aimed at middle-class parents, but the leader's guide has tips on how to adapt it to parents with lower income and education, parents mandated by the courts and multicultural groups.

#### **Accompanying materials**

A leader's resource guide, a 25-minute leader training video, parent's handbook, booklet on substance abuse prevention, two one-hour videocassettes or five audiocassettes, promotional material, parent survey, sample certification of participation

#### **Course duration**

Seven two-hour sessions

***Learning techniques***

Videos, discussions, handouts on special topics, skill-building exercises, assignment of reading and activities to do at home

***Training for group leader***

No formal training is required, but it is suggested that the leader be trained in one of the helping professions of counselling, psychology, social work, the ministry, pediatrics, education, nursing or psychiatry.

***Cost***

Complete kit with video: \$419.95; parent's handbook: \$16; STEP for Substance Abuse Prevention (10 booklets): \$26

***Evaluation of effectiveness***

Forty-two studies have been conducted on the STEP Program between 1976 and 1993 and are available from American Guidance Service, 4201 Woodland Road, Circle Pines, MN 55014-1796, 1-800-328-2560. The STEP/Teen program has not been formally evaluated. The program materials include a questionnaire that parents complete before and after the series to allow for comparisons.

***Additional notes***

The videos show a range of ethnicities and many scenarios with one parent and child — mostly with mothers, but some with fathers. Participants are supposed to do readings in preparation for each session; this could pose a problem for parents with low literacy skills or little free time. The program is primarily suitable for parents with high reading skills and formal education.

***Comments from interviews***

STEP/Teen is widely used in Canada, as is the original Systematic Training for Effective Parenting (STEP). Informants were generally very positive about the program. Some commented that parents might find concepts like the "authoritarian" vs. "democratic" family too theoretical. Also, each session covers a good deal of material, leaving little time for in-depth discussion.

**Notes**



## Notes

### Teaching Parenting the Positive Discipline Way

**Language of availability** English

**Origins** United States. Developed by Jane Nelsen in the early 1990s. Jane Nelsen is the co-author of *Raising Self-Reliant Children in a Self-Indulgent World* (with H. Stephen Glenn), *Positive Discipline* and *Positive Discipline for Teenagers* (with Lynn Lott)

**Contact information** Positive Discipline Associates  
The Effective Living Centre  
5777 Madison Ave., Suite 430  
Sacramento, CA 95841  
Tel: (916) 338-5551  
Fax: (916) 338-6577

#### **Program goals**

To train parent educators how to start and lead experientially based parenting groups, particularly how to use activities designed to reach parents with cultural differences, limited reading skills and/or special problems with children. Topics include non-punitive methods to teach self-discipline, social interest and problem-solving skills and how to use a program with or without a parenting resource book.

#### **Target audience**

Parents, teachers, nurses and others who want to lead parenting groups; counsellors, psychologists, social workers, family therapists, school administrators, parent educators. All activities can be adapted to all age groups and levels of parents and/or professionals.

#### **Accompanying materials**

The *Teaching Parenting* manual includes 36 general activities for parents and 29 activities for parents of teenagers, as well as outlines for use with 10 major parenting resource books and programs including: *Positive Discipline*, *Raising Self-Reliant Children in a Self-Indulgent World*, *Positive Discipline for Teenagers*, *STEP (Systemic Training for Effective Parenting)*, *Children: The Challenge* and *Active Parenting*.

#### **Course duration**

Outlines are provided for seven classes, but the program is flexible.

***Learning techniques***

Experiential activities, including demonstrations, role playing and discussions, take parents beyond intellectual learning into practical application.

***Training for group leader***

Positive Discipline Associates two-day training workshops can be arranged upon request. A newsletter called *Empowering People* and catalogue are available.

***Cost***

(All in U.S. funds) training: \$185; *Teaching Parenting* manual: \$39.95; manual supplements (*Positive Discipline for Preschoolers*, *Positive Discipline for Single Parents*, *Positive Discipline for Parents in Recovery*): \$19.95 each

***Additional notes***

This program stands alone or offers enhancement to any program through experiential activities.

***Comments from interviews***

The experiential approach promoted by this training came highly recommended. This learning style particularly suits certain client groups that may not be comfortable with a parent's workbook. One organization in Calgary offers the program in 12 weekly sessions of 2 1/2 hours each.

**Notes**

**Notes**

**B) Video resources**

Many parent educators use videos as part of their work with parents. The following four videos received particular mention from the informants for this publication.

**By Parents For Parents  
Colin Mangham  
1993**

**Contact:** Magic Lantern Communications Ltd.  
#38-775 Pacific Road  
Oakville, ON L6L 6M4  
1-800-263-1717

This 29-minute video uses short vignettes showing common parenting dilemmas. Real parents of teenagers respond to the vignettes with honesty, emotion and humour. A facilitator's handbook suggests questions to start discussion with a group.

**Cost:** \$99

**Growing Up Series Family Video  
National Film Board  
1989**

**Contact:** Customer Service  
National Film Board  
P.O. Box 6100, Station Centre-Ville  
Montreal QC H3C 3H5  
1-800-267-7710

This highly recommended three-part video series may be used with groups or individually by parents to introduce sexuality education in puberty and adolescence to their 9- to 12-year-olds. It includes a parent guide.

**Cost:** \$34.95 for home use, \$39.95 for public performance rights



**Living With Teens and Liking It**  
**Lethbridge Community College**  
**1993**

**Contact:** Lethbridge Community College  
 LCC Bookstore  
 3000 College Drive South  
 Lethbridge, AB T1K 1L6  
 Tel: (403) 320-3341

This 55-minute video is a taped lecture of Mr. Gordon Colledge giving a lecture to a group of parents in Family Life Studies. He covers nine key attitudes essential to good parenting skills for parents of teens: understanding, respect, letting go, acceptance, thoughtfulness, perseverance, forgiveness, self-control and trust. He also explores dealing with anger, adapting to change, decision making, responsibility for behaviour, negotiations and self-esteem. Parts of the video could be used in a parenting class to explain concepts or stimulate discussion if the facilitator is experienced in integrating audiovisuals into a program.

**Cost:** \$71.49

**Winning at Parenting**  
**Barbara Coloroso**  
**1993**

**Contact:** Educational Media Company  
 P.O. Box 91504  
 Georgetown, ON L7G 5M9  
 1-800-565-8437

This very popular two-hour video encourages parents to help children become responsible, caring, loving individuals who know not just "what" to think but "how" to think. The material is aimed at parents of younger children as well as parents of teens. The video comes with a 54-page listening guide and is divided by topic area. Informants praised this video as an excellent resource to use with groups for parents of teens.

**Cost:** \$44.99

**Notes**

**Notes**

**C) Self-help resources for individuals,  
groups and communities**

**L'estime de soi de nos adolescents**  
**Duclos, G., D. Laporte, J. Ross,**  
**1995**  
**(*The Self-Esteem of Our Teens*)**

**Contact:** Service des publications  
Hôpital Sainte-Justine  
3175, chemin de la côte-Sainte-Catherine  
Montréal QC H3T 1C5  
Tel: (514) 345-4931, ext. 4671  
(Also available in bookstores)

This practical French-language workbook/guide for parents serves as a stand-alone tool or as an addition to any parenting program. The guide is designed to help parents understand the concept of self-esteem and to apply it to their daily activities. The 176-page coil-bound publication is divided into four chapters: Increasing your teen's self-confidence, Helping your teen to know her/himself, Teaching the teen to participate and cooperate, and Guiding the teen through strategies leading to success.

This workbook/guide includes exercises, a self-evaluation for the teen's self-esteem and a bibliography for more in-depth information (many references are in English).

**Cost:** \$18.75

## **Association of Parent Support Groups in Ontario Inc. 1986**

**Contact:** APSGO  
Box 27581  
Yorkdale Postal Outlet  
Toronto, ON M6A 3B8  
Tel: (416) 223-7444  
1-800-488-5666

The Association of Parent Support Groups in Ontario (APSGO) is a parent-run volunteer organization that supports parents of acting-out youth through a 24-hour information line, support and referral for parent self-help groups in several Ontario communities, workshops and conferences, and the publication of a newsletter. APSGO maintains a database of parent support groups and sponsors an annual conference for parents and professionals.

Support groups meet weekly under the direction of parent volunteers, not professional counsellors. Parents, grandparents, step-parents or any adult concerned about the behaviour of a young person may join. Group members assist one another in developing a personal plan for dealing with a child in trouble. They do not support physical violence or corporal punishment.

## **Parents Together Boys and Girls Clubs of Greater Vancouver 1988**

**Contact:** Brenda Hoyle  
Parents Together Program  
Penticton & District Community Resources Society  
325-1301 Main Street  
Penticton, BC V2A 5E9  
Tel: (250) 494-3158 Fax: (250) 492-7572

This weekly self-help/support program for parents of acting-out teenagers is widely used in 26 communities throughout British Columbia. Parents self-refer to the program by phoning the Parentline, answered by parent volunteers, and by attending a program information evening. The groups are led by parent volunteers, supported by a professional coordinator and professional resource people. The program is described in an article by Keith Pattinson which is available on the Internet at [www.cfc-efc.ca/docs/00000456.htm](http://www.cfc-efc.ca/docs/00000456.htm).

## **Notes**

## Notes

The meetings focus on positive changes in parenting responses rather than the teen's behaviour — choices such as looking after oneself, backing off and taking a stand. Once a month, the program director or group consultant visits the group to make a presentation, generally a mini-workshop on a specific issue.

Required reading for all members is *How to Deal with Your Acting-Up Teenager* by Drs. Robert and Jean Bayard. Parents Together is administered by the Boys and Girls Club of British Columbia and funded by the B.C. Ministry of Social Services, the Donner Canadian Foundation and First Echo Group Donations Fund. This program was positively evaluated by W. L. von Gerichten & Associates in 1996 for the Boys and Girls Clubs of British Columbia. The staff involved with Parents Together would like to see the program replicated in other provinces and territories.

**Cost:** \$15.00 membership per person per year

**Promoting Positive Outcomes in Youth Twelve to Eighteen Years Old (in the series *Preventing Crime by Investing in Families and Communities*)  
National Crime Prevention Council  
1997**

**Contact:** National Crime Prevention Centre  
5th Floor, 275 Sparks Street  
Ottawa, ON K1A 0H8  
Tel: (613) 957-4640

This publication is part of a series *Preventing Crime by Investing in Families and Communities* which has three components: young children, children aged 6 to 12 and youth aged 12 to 18. The Council's model for preventing crime starts from the promotion of healthy families and children. These publications provide a starting point for community discussions on how to prevent victimization and youth involvement in crime through community development. They also address the challenge of promoting safer schools and communities. This 111-page publication discusses issues relating to youth and explains ways to apply the model to the various social settings of youth.

Publications are available at no cost in both French and English.

## **Resilient Kids & Resilient Families™, Thriving in the 21st Century (release expected in May 1999)**

**Contact:** Resiliency International Corporation,  
44-7880 Kidston Road, Vernon, BC V1B 1S2  
Tel: 1-888- KIDS  
Fax: (250) 454-1270  
E-mail: crush@resilient.com

This multimedia package for parents is specifically designed for parents to work on at home, recognizing that many parents find it difficult to put aside the time for a six- or eight-week course. The eight 25-minute video segments are supplemented by a textbook and by activities in a parent guidebook. They are related to the seven "Keys to Resilience™": understanding and managing change, affirming values and principles, building healthy relationships, acquiring essential life skills, committing to lifelong learning, creating a positive future and developing community support.

Chris Rush is also responsible for the Canadian adaptation of Developing Capable People™. (See page 18.) He has based Resilient Kids & Resilient Families™ on international research into the factors that protect teens from the pressures of adolescence, as opposed to those that put them at risk.

Cost of the home education package is \$295 plus GST. There are also plans to put the learning modules on-line on the Internet. This program will also be available in communities throughout Canada via an eight-session seminar format conducted by a certified program leader, trained by Resiliency International Corporation.

## **Notes**



# V Where to Get More Information

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## A) Organizations, articles, pamphlets

\* indicates availability of resources in French

\*Association canadienne pour la santé des adolescents/Canadian Association for Adolescent Health, Hôpital Sainte-Justine, 3175, chemin de la côte-Sainte-Catherine, Montreal, QC H3T 1C5, Tel: (514) 345-4722, Fax: (514) 345-4778.

B.C. Council for Families, Parenting Teens Series. Five booklets for parents: *Your New Role; Keeping Them Safe; Communication; The Homefront; Discipline That Teaches*. Cost: \$3.50 per set. Order from B.C. Council for Families, #204 – 2509 Granville Street, Vancouver, BC V6H 3H1, Tel: (604) 660-0675.

B.C. Council for Families, *Teen Suicide: What Parents Need to Know*. This pamphlet offers a discussion of the developmental tasks of adolescence and how these affect a teen's vulnerability to suicide and suggests strategies for supporting teens in effective ways. Cost: \$ .70 each, 50/\$32.00. Order from B.C. Council for Families, #204 – 2509 Granville Street, Vancouver, BC V6H 3H1, Tel: (604) 660-0675.

\*Canadian Mental Health Association, Ottawa-Carleton Branch Youth Series. Eight pamphlets dealing with common problems for youth, including resources for help. *Youth and Anger, Youth and Peer Pressure, Youth and Suicide, Youth and Loss, Youth and Goal Setting, Youth and Problem Solving, Youth and Self-Esteem, Youth and Stress*. Available in French and English. Cost: \$2.00 per set. Order from Canadian Mental Health Association, Ottawa-Carleton Branch, 1355 Bank Street, Suite 402, Ottawa, ON K1H 8K7, Tel: (613) 737-7791.

Family Information Services, 12565 Jefferson Street N.E., Suite 102, Minneapolis, Minnesota 55434, Tel: (612) 755-6233. Latest parent education material provided to annual subscribers. Information by theme: Parenting Education, Basic Parenting, Youth Development, etc. Articles, tapes, handouts, etc. Topics include "Adolescent Drug Problems", "Sexuality and Relationships: What Teens Want & Need to Know", "Understanding Adolescent Depression", "Empowering Parents to Resolve Conflicts with Their Teens."

Family Service Canada, *Parenting Teens: Are We Having Fun Yet?* by Keith Pattinson. Article about the Parents Together support groups for parents of acting-out teens in British Columbia. Can be downloaded from Child and Family website: [www.cfc-efc.ca/docs/00000456.htm](http://www.cfc-efc.ca/docs/00000456.htm)



Family Service Canada, *Positive Peer Pressure: A Transition Perspective* by Rey A. Carr. Can be downloaded from Child and Family website: [www.cfc-efc.ca/docs/00000410.htm](http://www.cfc-efc.ca/docs/00000410.htm)

\*National Clearinghouse on Family Violence, Health Canada, *The Parent-Teen Relationship: Life Through a Teenager's Eyes* and *The Parent-Teen Relationship: How Parents Can Make the Most of It* (1993). To order, call 1-800-267-1291.

\*National Institute of Nutrition, *Giving Adolescents a Fighting Chance Against Eating Disorders*. Can be downloaded from the Child and Family website: [www.cfc-efc.ca/docs/00000471.htm](http://www.cfc-efc.ca/docs/00000471.htm)

\*National Crime Prevention Centre, 5th Floor, 275 Sparks Street, Ottawa, ON K1A 0H8, publishers of *Preventing Crime by Investing in Families and Communities*, 1997, Tel: (613) 957-4640.

Wong, M. (1990) *For Parents of Teens*. (Chinese and English versions) S.U.C.C.E.S.S., 87 East Pender Street, Vancouver, BC V6A 1S9, Tel: (604) 687-6969.

## B) Books for parents of teens

Many of the following books have been recommended by informants surveyed for this report; some, but not all, have been reviewed by the project team. The books that are suitable for teens themselves are marked with \*\*. Books in French are indicated by \*.

### General

Barrish, I.J. and Harriet Barrish (1989) *Surviving and Enjoying Your Adolescent*. Westport Publications.

\*Bélanger, Robert (1989) *Parents d'adolescents*. Lambton, Québec: Collection Éducation à la vie familiale, éd. R. Bélanger, enr.

Bluestein, Jane (1993) *Parents, Teens and Boundaries: How to Draw the Line*. Metuchen, NJ: Health Communications.

Caron, Ann F. (1992) *Don't Stop Loving Me: A Reassuring Guide for Mothers of Adolescent Daughters*. New York: Harper Perennial.

\*Cloutier, Richard (1982) *Psychologie de l'adolescence*. Boucherville, Quebec: Gaëtan Morin Éditeur.

\*Cloutier, Richard (1994) *Mieux vivre avec nos adolescents*. Québec: Éditions Le Jour.



Covey, Stephen (reprint, 1997) *7 Habits of Highly Effective Families*. New York: Golden Books Publishing.

\*Covey, Stephen (1998) *Les sept habitudes des familles épanouies*. Paris: Éditions First.

Craig, Judi (1996) *You're Grounded Till You're Thirty!* New York: Good Housekeeping parent guide, Hearst Books.

Davitz, Lois and J. Davitz (1982) *How to Live (Almost) Happily with a Teenager*. Minneapolis: Winston Press.

\*Delagrave, Michel (1995) *Les ados : Mode d'emploi à l'usage des parents*. Québec: Les publications MNH, éd. Beauport.

\*Delaroche, Patrick (1992) *Adolescence à problèmes : Comprendre vos enfants pour les aider*. Paris: Albin Michel.

Dinkmeyer, Don and Gary D. McKay (reprint, 1998) *Parenting Teenagers: Systematic Training for Effective Parenting* (resource text for the STEP/Teen program). New York: Times Books.

\*Dolto, Françoise (1988) *La cause des adolescents*. Paris: Laffont.

\*Duclos, Germain, Danielle Laporte and Jacques Ross (1995) *L'estime de soi de nos adolescents : Guide pratique à l'intention des parents*. Montreal: Hôpital Ste-Justine.

\*Duclos, Germain, Danielle Laporte and Jacques Ross (1996) *Les besoins, les défis et les aspirations des adolescents : vivre en harmonie avec les jeunes de 12 à 20 ans*. Québec: Les Éditions Héritage.

Elkind, David (reprint, 1994) *Parenting Your Teenager in the 90's*. New York: Ballantine Books.

Fleming, Don and Laurel Schmidt (1987) *How to Stop the Battle with Your Teenager: A Practical Guide to Solving Everyday Problems*. New York: Prentice-Hall.

Ford, Judy (1996) *Wonderful Ways to Love a Teen...even when it seems impossible*. Berkeley: Conari Press.

\*Fournier, Fernand (1997) *Enfants, nous les embrassons, adolescents, nous les embarassons*. Montreal: Fides.

\*Hone, G. and J. Mercure (1996) *Les Adolescents : Les encourager, les protéger, les stimuler*. Ottawa: Novalis.

- Joslin, Karen Renshaw and Mary Bunting Decher (1997) *Positive Parenting Your Teens: The A to Z Book of Sound Advice and Practical Solutions*. New York: Fawcett Columbine.
- Kamin, Ben (1996) *Raising a Thoughtful Teenager: A Book of Answers and Values for Parents*. New York: Dutton.
- Kastner, Laura and Jennifer Wyatt (1997) *The Seven-Year Stretch: How Families Work Together to Grow Through Adolescence*. Boston: Houghton Mifflin Co.
- Kaufman, Miriam (1997) *Mothering Teens: Understanding the Adolescent Years*. Charlottetown, P.E.I.: Gynergy.
- Kirshenbaum, Mira and Charles Foster (reprint, 1995) *Parent/Teen Breakthrough: The Relationship Approach*. New York: Plume Books.
- Kutner, Lawrence (1997) *Making Sense of Your Teenager*. New York: William Morrow & Company.
- \*\*LeShan, Eda (1988) *When Grown Ups Drive You Crazy*. New York: Macmillan Publishing Company.
- Levine, Saul (1987) *Tell Me It's Only a Phase*. Scarborough, Ont.: Prentice-Hall Canada Ltd.
- Marshall, Peter (1992) *Now I Know Why Tigers Eat Their Young*. Toronto: Whitecap Books.
- McIntire, Roger and Carol McIntire (third edition, 1997) *Teenagers and Parents: Ten Steps for a Better Relationship*. Columbia, MD: Summit Crossroads Press.
- Nelsen, Jane and Lynn Lott (reprint, 1994) *Positive Discipline for Teenagers: Resolving Conflict with Your Teenage Son or Daughter*. Rocklin, CA: Prima Publishing.
- \*\*Packer, Alex J. (1992) *Bringing Up Parents: The Teenager's Handbook*. Minneapolis: Free Spirit Publishing Inc.
- \*\*Palmer, Pat with Melissa Alberti Froehner (1989) *Teen Esteem: A Self-Direction Manual for Young Adults*. San Luis Obispo, CA: Impact Publishing.
- Pedersen, Anne and Peggy O'Mara, eds. (1991) *Teens: A Fresh Look*. Santa Fe, NM: Mothering Magazine.
- Phelan, Thomas (second edition, 1998) *Surviving Your Adolescents: How to Manage and Let Go of Your 13 to 18 Year-Olds*. Glen Ellyn, IL: Child Management.

## Parenting Today's Teens: A Survey and Review of Resources

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Pipher, Mary (1994) *Reviving Ophelia: Saving the Selves of Adolescent Girls*. New York: Ballantine Books.

Ponton, Lynn (1998) *The Romance of Risk: Why Teenagers Do the Things They Do*. New York: Basic Books.

Riera, Michael (1995) *Uncommon Sense for Parents with Teenagers*. Berkeley: Celestial Arts.

Staley, Betty (1996) *Between Form and Freedom: A Practical Guide to the Teenage Years*. Hudson, NY: Anthroposophic Press.

Steinberg, L. and A. Levine (1997) *You and Your Adolescent: A Parent's Guide for Ages 10-20*. New York: Harper Perennial.

Tracy, Louise Felson (1994) *Grounded for Life?! Seattle: Parenting Books*.

Weinhaus, Evonne and Karen Friedman (1988) *Stop Struggling with Your Teen: With a Workbook to Help You Identify and Resolve Specific Problems*. New York: Penguin Books.

\*Weinhaus, Evonne and Karen Friedman (1990) *Comment communiquer avec votre adolescent*. Montreal: Éditions de l'Homme.

Wolf, Anthony E. (1991) *Get Out of My Life...But First Can You Drive Me & Cheryl to the Mall?* New York: Noonday Press (distributed in Canada by Harper Collins).

Wooding, Scott (1995) *Hear Me, Hug Me, Trust Me — Parenting Today's Teenager Effectively*. Calgary: Script Publishing Co.

Youngs, Bettie B. (1993) *Safeguarding Your Teenager from the Dragons of Life*. Metuchen, NJ: Health Communications.

## Special Situations

Bayard, Robert T. and Jean Bayard (1988) *How to Deal with Your Acting-Up Teenager: Practical Help for Desperate Parents*. New York: M. Evans and Co.

Crook, Marion (1992) *Please, Listen to Me! Your Guide to Understanding Teenagers and Suicide*. Bellingham, WA: Self-Counsel Press.

\*Gendreau, Gilles (1997) *Briser l'isolement entre jeunes en difficulté, éducateurs et parents*. Montreal: Éditions Sciences et Culture.

Harris, Scott O. and Edward N. Reynolds (reprint, 1992) *When Growing Up Hurts Too Much, A Parent's Guide to Knowing When and How to Choose a Therapist with Your Teenager*. San Francisco: Lexington Books, Jossey-Bass Inc.

\*\*Hipp, Earl and L.K. Hanson (1991) *Feed Your Head*. Garden City, Minn.: Hazelden Books. Also, *The Caring Circle* (1992), a facilitator's guide to leading teen support groups based on Feed Your Head.

\*\*Hipp, Earl (rev. 1995) *Fighting Invisible Tigers: A Stress Management Guide for Teens*. Minneapolis: Free Spirit Publishing Inc. Also, with Connie Schmitz (1995) *A Leader's Guide to Fighting Invisible Tigers*. Ravensdale, WA: Idyll Arbor.

\*\*Hipp, Earl and L.K. Hanson (1995) *Help for the Hard Times: Getting Through the Loss*. Garden City, Minn.: Hazelden Books.

Ingersoll, Barbara and Sam Goldstein (1996) *Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents*. New York: Main Street Books, Doubleday & Co.

Levine, Katherine Gordy (1991) *When Good Kids Do Bad Things*. New York: Norton Publishing.

McCoy, Kathleen (1994) *Understanding Your Teenager's Depression: Issues, Insights and Practical Guidance for Parents*. New York: Perigee Books, Berkley Publishing.

Oster, Gerald and Sarah Montgomery (1994) *Helping Your Depressed Teenager: A Guide for Parents and Caregivers*. New York: John Wiley & Sons.

Parrott, Les and Leslie Parrott (1993) *Helping the Struggling Adolescent: A Guide to Thirty Common Problems for Parents, Counselors & Youth Workers*. Grand Rapids, MI: Zondervan Publishing House.

\*\*Peterson, J.S., editor (1993) *Talk with Teens About Self and Stress: 50 Guided Discussions for School and Counseling Groups*. Minneapolis: Free Spirit Publishing.

Schaefer, Dick (1987, rev. 1996) *Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs*. Minneapolis: Johnson Institute Books.

Schwebel, Robert (second edition, 1998) *Saying NO Is Not Enough: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco and Other Drugs*. New York: Newmarket Press.

Somdahl, Gary (1996) *Drugs and Kids: How Parents Can Keep Them Apart*. Salem, OR: DIMI Press.

Williams, Kate (1995) *A Parent's Guide for Suicidal and Depressed Teens*. Garden City, Minn.: Hazelden Books.

\*Williams, Kate (1996) *Dépression et suicide chez les jeunes, guide pour les parents*. Montreal: Éditions Sciences et Culture.

Wilmes, David (1995) *Parenting for Prevention*. Minneapolis: Johnson Institute Books.

### **C) Book and Video Distributors**

#### **All About Parenting Inc.**

829 Norwest Road, Suite 228  
Kingston, ON K7P 2N3  
1-888-584-2031

Distributors of books, videos and other materials for parents and educators, including Earl Hipp's book for teens *Feed Your Head* and an excellent facilitator's guide and handouts for running a teen support group that uses the book as a primary resource.

#### **Banyen Bookstore**

Vancouver, BC  
1-800-663-8442

Catalogue includes books for a variety of parenting topics, including parents of teens.

#### **Canadian Learning Company**

95 Vansittart Avenue  
Woodstock, ON N4S 6E3  
1-800-267-2977

Distributors of The Power of Choice Series for teens ages 12 to 18, including titles such as *Drugs and Alcohol, Parts I and II, Coping with Pressure, Depression and Suicide, Drinking and Driving, Raising Your Parents, Self-Esteem and Sex*.

#### **Educational Media Co.**

P.O. Box 91504  
Georgetown, ON L7G 5M9  
1-800-565-8437

Distributors of many videos, including videos for parents of teens and for teens themselves. Boys Town videos, leading parenting videos and videos to prevent teen drug use such as "Straight Up" and "Drug Free Kids".

#### **ETR Associates**

P.O. Box 1830  
Santa Cruz, CA 95061-1830  
1-800-321-4407

Excellent catalogue of pamphlets, posters, displays and other materials, many for use with teens, on topics such as sex, AIDS, abstinence, self-esteem, STD, tobacco, alcohol and drugs.



**Insight Media Centre Ltd.**

10501 - 125B Street  
Surrey, BC V3V 5A8  
(604) 581-2420

Distributors for Boys Town videos: "It's Great to Be Me! Increasing Your Child's Self-Esteem"; "Take Time to Be a Family! Holding Successful Family Meetings" and others. Cost: \$29 each. Also distributes Boys Town parenting program: Common Sense Parenting.

**Kidrights**

10100 Park Cedar Drive  
Charlotte, NC 28210  
(704) 541-0110  
1-800-892-KIDS

Distributors of videos recommended by Sun Dog Toy Lending Library & Parenting Resource Centre in Atikokan, Ontario. Titles include "Adolescence", "Drug Danger: Easy to Start", "Being Responsible", "Skillstreaming the Adolescent", "So What's it to Me/Sexual Assault Information for Guys", "Teen to Teen - Personal Safety & Sexual Abuse Prevention".

**Kinetic Inc.**

511 Bloor Street West  
Toronto, ON M5S 1Y4  
1-800-263-6910  
**Contact:** Lyle Crump

Distributors of programs such as STEP/Teen, Parenting for Prevention, Raising Children in Troubled Times and other videos for parents of teens.

**Magic Lantern  
Communication Ltd.**

#38-775 Pacific Road  
Oakville, ON L6L 6M4  
1-800-263-1717

Distributors of videos on a range of health topics. Distributors of "By Parents For Parents" by Colin Mangham. Extensive catalogue lists many videos on prevention of drug, alcohol and tobacco use by teens.

**National Film Board of Canada**

1-800-267-7710

One highly recommended resource was the three-part "Growing Up Series" family video which includes a parent's guide to help parents of pre-teens introduce this material on puberty and adolescence to their 9- to 12-year-olds.

**Parentbooks**

201 Harbord Street  
Toronto, ON M5S 1H6  
1-800-209-9182

Bibliographies available on numerous parenting topics, including *Parenting Teens and Kids*, *Teens & Violence*, *Lifeskills for Teens* and *Sexuality*. Video listing also available.

**Psycan Corporation**

P.O. Box 290, Station V  
Toronto, ON M6R 3A5  
1-800-263-3558

Distributors of materials primarily for the education market. Distributors of STEP publications, *Raising Children in Troubled Times*, *Drug Free 1* and *Drug Free 2*, and *Strengthening Stepfamilies*.

**Sunburst Communications**

920 Mercer Street, Suite 103  
Windsor, ON N9A 9Z9  
1-800-431-1934

Catalogue of videos especially for use by teens and their teachers in educational settings. Many come with teacher's guides. Topics such as drug education, health, minority and urban youth, self-management skills, conflict resolution, crisis management, self-esteem, sex education.

**Whole Child**

40 Beachview Crescent  
Toronto, ON M4E 2L5  
1-800-387-2888

Catalogue of selected parenting books that support "gentle parenting."



**D) Internet resources**

\*indicates sites with information in French

Address	Organization	Features
<a href="http://www.bccf.bc.ca">www.bccf.bc.ca</a>	B.C. Council for Families	Information, articles on parenting issues, publication list
<a href="http://www.cfc-efc.ca">www.cfc-efc.ca</a>	* Child & Family Canada Enfants-famille Canada	Information, articles on parenting issues
<a href="http://www.sparrowlake.org">www.sparrowlake.org</a>	Sparrow Lake Alliance Ontario	Information, articles, publications for lobbying governments and organizations
<a href="http://www.tnpc.com">www.tnpc.com</a>	The National Parenting Centre (U.S.)	Information, articles on parenting issues
<a href="http://www.netparents.org">www.netparents.org</a>	Resources for Internet Parents (U.S.)	Blocking software, kid-safe sites
<a href="http://www.positiveparenting.com">www.positiveparenting.com</a>	Positive Parenting, Ventura, CA (U.S.)	Resources & information, workshops, bulletin board, Live Chat
<a href="http://www.vpp.com/teenhelp">www.vpp.com/teenhelp</a>	National hotline (U.S.)	Information for parents, professionals
<a href="http://kidshelp.sympatico.ca">http://kidshelp.sympatico.ca</a>	* Kids Help Phone website	Advice for parents, children and teens
<a href="http://www.hc-sc.gc.ca.hppb/hpo">www.hc-sc.gc.ca.hppb/hpo</a>	* Health Canada health promotion website	Information on a variety of health promotion topics